



# Prepare for the influenza season well beforehand.

Seasonal influenza is an acute respiratory infection with severe symptoms. It is not the same as a common cold and is completely different disease. Vaccination is the most effective way to protect against influenza. It has been shown to prevent influenza infections and to shorten the duration of the disease.

Your employer is offering you the possibility to be vaccinated against influenza. How to get vaccinated:

- Vaccination at Terveystalo. Make an appointment by visiting our website at [terveystalo.com](https://terveystalo.com) or calling**
  
- Get vaccinated at your workplace. Make your vaccination appointment using the following link**

## **Ensure the safety of others during influenza vaccination appointments**

- If you feel ill, stay at home instead of arriving for the appointment.
- Maintain good hand hygiene: wash your hands carefully with soap and water when you arrive at your workplace or use a hand sanitizer.
- Do not arrive too early or late for your vaccination appointment in order to prevent overcrowding the waiting room.
- Maintain a distance of at least one meter from your colleagues.

**Terveystalo**

Get better.